



January and February Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
8:45 a.m. Tai Chi 9:00 a.m. Pool Cues 9:00 a.m. Beg. Spanish 10:00 a.m. Zumba Gold 11:00 a.m. Ageless Grace 1:00 p.m. Games 1:00 p.m. NewsTalk 2:00 p.m. Yoga: chair	9:00 a.m. Aerobics 9:00 a.m. Int. Spanish 9:30 a.m. Bridge Lesson 10:30 a.m. Muscle Cond. 10:30 a.m. Int. Spanish 1:00 p.m. Bingo 1:00 p.m. 3D Open Studio 1:30 p.m. Swing Band	9:00 a.m. Walking Group 9:00 a.m. Pool Cues 9:30 a.m. 2D Open Studio 9:00 a.m. Chamber Mus. 11:30 a.m. Vic King, Piano music 1:00 p.m. Duplicate Bridge	9:00 a.m. Knitting 10:00 a.m. Beg. Tai Chi 10:30 a.m. Mandarin Conversation 11:00 a.m. Tong Ren 11:45 a.m. Tai Chi 1:00 p.m. Games 1:00 p.m. Yoga: chair 1:30 p.m. French Salon 2:00 p.m. Yoga: mats	9:00 a.m. Aerobics 9:00 a.m. Pool Cues 10:00 a.m. Beg. French 10:30 a.m. Muscle Cond. 12:00 p.m. Poker 1:00 p.m. Chess 1:00 p.m. Bingo
Bold events require registration. Please stop by the Program Coordinator’s Office on the main floor to register, email msass@newtonma.gov or call 617-796-1660. Register for lunch by 11:00 a.m. the previous day for either the hot or cold menu option.		1 Senior Center Closed New Year’s Day	2 11:45.....Lunch Macaroni and cheese or roast beef with Swiss cheese 12:30.....Ceramics	3 11:45.....Lunch Potato crunch fish or egg salad
6 11:45..... Tai Chi Arthritis II 11:45.....Lunch Veggie burger or turkey salad 12:45.....Beyond Balance	7 11:45.....Lunch Stuffed shells with tomato sauce or roast beef sandwich 12.....Dialogue with the Director 1.....Beginning Italian 1.....Fused Glass	8 10:45.....Beyond Balance 11:45.....Lunch <i>New Years’ Special</i> Ham with apple glaze or chef salad with turkey 12:30.....Reduce Chronic Pain 1.....Movie, <i>Before Midnight</i>	9 11.....Hearing Screening 11:45.....Lunch Chicken a l’ orange or seafood salad sandwich 12:30.....Ceramics	10 11:30.....Vic King, piano 11:45.....Lunch Alaskan krunch lite fish or Oriental chicken salad 12.....Tai Chi Arthritis II
13 11:45..... Tai Chi Arthritis II 11:45.....Lunch Broccoli mushroom quiche or BBQ chicken on a roll 12:45.....Beyond Balance 2:30.....Genealogy	14 11:45.....Lunch Baked chicken with gravy or egg salad sandwich 1.....Beginning Italian	15 9.....Health Clinic 10.....Alderman Danberg 10:45.....Beyond Balance 11:45.....Lunch Beef stew or ham salad 12:30.....Pairing... Essentials 1.....Movie, <i>The Sapphires</i> 6:30.....LGBT Potluck	16 11:45.....Lunch Sweet potato crusted fish or turkey chef salad 12:30.....Ceramics	17 10.....Book Club 11:45.....Lunch Cheese lasagna roll up or seafood salad sandwich 12.....Tai Chi Arthritis II 1.....Art of Living 1... <i>Wild and Woolly@New Art</i>
20 Senior Center Closed Martin Luther King, Jr. Day	21 11:45.....Lunch Salmon boat or turkey sandwich 1.....Beginning Italian 1.....Fused Glass	22 10:45.....Beyond Balance 11:45.....Lunch Meatball sub or chicken salad 12:30...Reiki & Aromatherapy 1.....Movie, <i>What Masie Knew</i> 1:30.....Healthy Eating	23 11:45.....Lunch Honey mustard chicken or Mediterranean tortellini salad 12:30.....Ceramics	24 11:30.....Vic King, piano 11:45.....Lunch Hot dog on a roll or tuna salad 12.....Tai Chi Arthritis II 1.....Art of Living
27 10:30.....Parkinson's Group 11:45.....Tai Chi Arthritis II 11:45.....Lunch Roast pork or seafood salad 12:45.....Beyond Balance	28 11:45.....Lunch Stuffed peppers with tomato sauce or chef salad with ham 1.....Beginning Italian	29 9:45.....In Your Words 10:45.....Beyond Balance 11:45.....Lunch Greek chicken or turkey with Swiss sandwich 1.....Movie, <i>Kon Tiki</i> 1:30.....Healthy Eating 3:30.....Brain Gym	30 10:30.....Short Stories 11:45.....Lunch Lentil stew or California chicken salad 12:30.....Ceramics	31 11:45.....Lunch Seafood Alfredo casserole roast beef with Provolone 12.....Tai Chi Arthritis II 12.....Sports Talk 1.....Art of Living
3 11:45.....Tai Chi Arthritis II 11:45.....Lunch Macaroni and cheese or chicken salad 12:45.....Beyond Balance	4 11:30.....Lunch Salmon boat or turkey with Provolone cheese 1.....Beginning Italian 2:00.....Matter of Balance 1.....Fused Glass	5 9.....Health Clinic 9:45.....In Your Words 10:45.....Beyond Balance 11:45.....Lunch Swedish meatballs Mediterranean tortellini salad 12:30.....Stress Managements 1...Movie, <i>To Rome with Love</i> 1:30.....Healthy Eating	6 11:45.....Lunch Chicken with creamy Italian sauce or egg salad sandwich 12:30.....Ceramics	7 11:30.....Vic King, piano 11:45.....Lunch Broccoli mushroom quiche or roast beef with Swiss cheese 12.....Tai Chi Arthritis II 12.....Legal Appointments 1:30.....MBTA CharlieCard 1.....Art of Living
10 11:45.....Tai Chi Arthritis II 11:45.....Lunch Sweet potato crusted fish or turkey with provolone 12:45.....Beyond Balance 2:30.....Finding Health Info	11 11:45.....Lunch Pot roast with gravy or grilled chicken Caesar sandwich 2:00.....Matter of Balance 1.....Fused Glass <i>Beginning Italian break week</i>	12 9:45.....In Your Words 10:45.....Beyond Balance 11:30.....Publish Your Book 11:45.....Lunch Hot dog or grilled egg salad sandwich 1.....Movie, <i>Hope Springs</i> 1:30.....Healthy Eating	13 11:45.....Lunch Stuffed shells with tomato sauce or seafood salad 12:30.....Ceramics 2.....Cooking Class	14 11:45.....Lunch <i>Valentine’s Day Special</i> Chicken with apple bread stuffing and gravy 11:30.....Vic King, piano 12.....Tai Chi Arthritis II 1.....Art of Living
17 Senior Center Closed Presidents’ Day	18 11:45.....Lunch Alaskan krunch lite fish or BBQ chicken 2:00.....Matter of Balance <i>Beginning Italian break week</i>	19 9.....Health Clinic 10.....Alderman Danberg 10:45.....Beyond Balance 11:45.....Lunch Tortellini or seafood salad 1.....Movie, <i>Unfinished Song</i> 1:30.....Healthy Eating <i>In Your Words break week</i>	20 11:45.....Lunch Meatloaf with gravy or cottage cheese fruit plate <i>Ceramics break week</i>	21 10.....Book Club 11:30.....Vic King, piano 11:45.....Lunch Roast turkey or tuna salad sandwich 12.....Tai Chi Arthritis II 12....Dialogue with the Director 1.....Art of Living
24 10:30.....Parkinson's Group 11:45.....Tai Chi Arthritis II 11:45.....Lunch Chicken paprika or ham sandwich with American cheese 12:45.....Beyond Balance	25 11:45.....Lunch American chop suey or egg salad sandwich 1.....Beginning Italian 2:00.....Matter of Balance	26 9:45.....In Your Words 10:45.....Beyond Balance 11:45.....Lunch Beef stroganoff or breaded chicken patty 1.....Movie, <i>No</i> 1:30.....Healthy Eating	27 10:30.....Short Stories 11:45.....Lunch Krunch lite fish sticks or roast beef with Swiss cheese 12:30.....Ceramics	28 11:45.....Lunch Lentil stew or chef salad with turkey 12.....Tai Chi Arthritis II 12.....Sports Talk